



**Brentwood—Romford** via Herongate, West Horndon and Upminster  
**Basildon—Romford (Limited Stop)** via Laindon, West Horndon and Upminster

**Eastern National 226**  
**Eastern National 403**

**Mondays to Saturdays**

	226	403	226	403	226	403	226	403	226
	NS	S							
<b>Brentwood Station</b> 	0725	.....	0900	.....	1100	.....	1300	.....	1500
Brentwood White Horse	0730	.....	0905	.....	1105	.....	1305	.....	1505
Norman Cres. Pondfield Lane	0740	.....	0915	.....	1115	.....	1315	.....	1515
Herongate Church	0747	.....	0922	.....	1122	.....	1322	.....	1522
Basildon Bus Station	.....	0803	.....	1008	.....	1208	.....	1408	.....
Gt. Knightleys Plough & Tr. GK3	.....	0807	.....	1012	.....	1212	.....	1412	.....
Laindon Link Tyler Avenue LL4	.....	0810	.....	1015	.....	1215	.....	1415	.....
Laindon Shopping C. High Rd. LA2	.....	0812	.....	1017	.....	1217	.....	1417	.....
E. Horndon Halfway House Flyover	0750	0820	0925	1025	1125	1225	1325	1419	1525
West Horndon Station	0753	0823	0928	1028	1128	1228	1328	1425	1528
Cranham Jobbers Rest	0759	0829	0934	1034	1134	1234	1334	1428	1534
Upminster St. Lawrence Church	0804	0834	0939	1039	1139	1239	1339	1439	1539
Upminster Bridge Station	0807	0837	0942	1042	1142	1242	1342	1442	1542
Hornchurch White Hart	0812	0842	0947	1047	1147	1247	1347	1447	1547
<b>Romford St. Edwards Way</b>	0825	0855	1000	1100	1200	1300	1400	1500	1600

	226	403	403	226	403	226	403	226	403	226	226
	NS	S	NS								NS
<b>Romford St. Edwards Way</b>	0834	0909	.....	1009	1109	1209	1309	1409	1509	1609	1709
Hornchurch White Hart	0847	0922	.....	1022	1122	1222	1322	1422	1522	1622	1722
Upminster Bridge Station	0852	0927	.....	1027	1127	1227	1327	1427	1527	1627	1727
Upminster St. Lawrence Church	0855	0930	0930	1030	1130	1230	1330	1430	1530	1630	1730
Cranham Jobbers Rest	0900	0935	0935	1035	1135	1235	1335	1435	1535	1635	1735
West Horndon Station	0906	0941	0941	1041	1141	1241	1341	1441	1541	1641	1741
E. Horndon Halfway House Flyover	0909	0944	0944	1044	1144	1244	1344	1444	1544	1644	1744
Laindon Shopping Centre Ln Lk. LL6	.....	0952	0952	.....	1152	.....	1352	.....	1552	.....	.....
Laindon Tyler Ave. LL4	.....	0954	0954	.....	1154	.....	1354	.....	1554	.....	.....
Gt. Knightleys Plough & Tr. GK3	.....	0957	0957	.....	1157	.....	1357	.....	1557	.....	.....
Basildon Bus Station	.....	1001	1001	.....	1201	.....	1401	.....	1601	.....	.....
Herongate Church	0912	.....	.....	1047	.....	1247	.....	1447	.....	1647	1747
Norman Cres. Pondfield Lane	0919	.....	.....	1054	.....	1254	.....	1454	.....	1654	1754
Brentwood White Horse	0928	.....	.....	1103	.....	1303	.....	1503	.....	1703	1803
<b>Brentwood Station</b> 	0933	.....	.....	1108	.....	1308	.....	1508	.....	.....	.....

NS—Not Saturdays. S—Saturdays only

**Service 403 stopping points:**

Service 403 stops only at points shown between Basildon and East Horndon Halfway House Flyover with the addition of Laindon Westmayne Subway to Southfields and Dunton Flyover; then at all stops between East Horndon Halfway House Flyover and Romford St. Edwards Way.